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Palyul Dharma Centre in Europe

Tibetan Buddhist Centre

Patron: His Holiness Penor Rinpoche

Founder: Khen Rinpoche Pema Choephel

“Liberation in the Palm of your Hand”

Palyul Namcho Dzogchen Ngondro Retreat

*** Teachings and Practice with Khen Rinpoche Pema Choephel ***

(30 June – 9 July 2010)

German Palyul Center

Schedule

Wednesday, 30 June 2010

7:00 AM – 8:40 AM	Morning Prayers Eight Auspicious Signs The Great Cloud of Prayers and Blessings that Subdue the Entire Animate and Inanimate Worlds Oral Transmission and Practice of Kurukulle by Khen Rinpoche Pema Choephel Seven-Line Prayer Sang Offering * (All retreatans)
7:40 AM – 8:30 AM	Breakfast
8:30 AM – 9:30 AM	Breathing exercise Oral Transmission of Chenrezig Sadhana by Khen Rinpoche Pema Choephel Bodhisattva Vows Ceremony Short Ngondro Sadhana Meditation * (All retreatans)

9:30 AM – 10:30 AM	Tea Break
10:30 AM – 12:30 PM	Teachings on the First Outer Preliminary - Precious Human Rebirth by Khen Rinpoche Pema Choephel * (All retreatans)
12:30 PM - 2:30 PM	Lunch Break
2:30 PM – 3:30 PM	Meditation on the Precious Human Rebirth * (First Class)
3:30 PM – 4:00 PM	Tea Break
4:00 PM – 5:00 PM	Seven Points of Mind Training (Lo Jong) by Khen Rinpoche Pema Choephel First point: The Preliminaries to Mind Training * (Second class)
5:00 PM – 5:30 PM	Break
5:30 PM – 6:30 PM	Meditation on the First point of Mind Training: The Preliminaries to Mind Training * (Second class)
6:30 PM – 7:00 PM	Break
7:00 PM – 8:00 PM	Debate Apologize Ceremony Prayers for the Swift Rebirth of His Holiness Penor Rinpoche Prayers for the long life of HH the Dalai Lama Prayers for the long life of Khenchen Pema Sherab Rinpoche Prayers for the long life of Khen Rinpoche Pema Choephel Dedication Prayers * (All retreatans)
8:00 PM – 8:30 PM	Dinner

Thursday, 1 July 2010

	Morning Prayers
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7:00 AM – 8:40 AM	Eight Auspicious Signs The Great Cloud of Prayers and Blessings that Subdue the Entire Animate and Inanimate Worlds Kurukulle Practice Seven-Line Prayer Sang Offering * (All retreatans)
7:40 AM – 8:30 AM	Breakfast
8:30 AM – 9:30 AM	Breathing exercise Chenrezig Sadhana Bodhisattva Vows Ceremony Short Ngondro Sadhana Meditation * (All retreatans)
9:30 AM – 10:30 AM	Tea Break
10:30 AM – 12:30 PM	Teachings on the Second Outer Preliminary - Impermanence by Khen Rinpoche Pema Choephel * (All retreatans)
12:30 PM - 2:30 PM	Lunch Break
2:30 PM – 3:30 PM	Meditation on Impermanence * (First Class)
3:30 PM – 4:00 PM	Break
4:00 PM – 5:00 PM	Seven Points of Mind Training (Lo Jong) by Khen Rinpoche Pema Choephel Second point: The Main Practice of Training the Mind in Bodhichitta * (Second class)
5:00 PM – 5:30 PM	Break
5:30 PM – 6:30 PM	Meditation on the Second point of Mind Training: The Main Practice of Training the Mind in Bodhichitta * (Second class)
6:30 PM – 7:00 PM	Break

7:00 PM – 8:00 PM	Debate Apologize Ceremony Prayers for the Swift Rebirth of His Holiness Penor Rinpoche Prayers for the long life of HH the Dalai Lama Prayers for the long life of Khenchen Pema Sherab Rinpoche Prayers for the long life of Khen Rinpoche Pema Choephel Dedication Prayers * (All retreatans)
8:00 PM – 8:30 PM	Dinner

Friday, 2 July 2010

7:00 AM – 8:40 AM	Morning Prayers Eight Auspicious Signs The Great Cloud of Prayers and Blessings that Subdue the Entire Animate and Inanimate Worlds Kurukulle Practice Seven-Line Prayer Sang Offering * (All retreatans)
7:40 AM – 8:30 AM	Breakfast
8:30 AM – 9:30 AM	Breathing exercise Chenrezig Sadhana Bodhisattva Vows Ceremony Short Ngondro Sadhana Meditation * (All retreatans)
9:30 AM – 10:30 AM	Tea Break
10:30 AM – 12:30 PM	Teachings on the Third Outer Preliminary - Karma by Khen Rinpoche Pema Choephel * (All retreatans)
12:30 PM - 2:30 PM	Lunch Break
2:30 PM – 3:30 PM	Meditation on Karma * (First Class)

3:30 PM – 4:00 PM	Break
4:00 PM – 5:00 PM	Seven Points of Mind Training (Lo Jong) by Khen Rinpoche Pema Choephel Third point: Transforming Adversity into the Path of Awakening * (Second class)
5:00 PM – 5:30 PM	Break
5:30 PM – 6:30 PM	Meditation on the Third point of Mind Training: Transforming Adversity into the Path of Awakening * (Second class)
6:30 PM – 7:00 PM	Break
7:00 PM – 8:00 PM	Debate Apologize Ceremony Prayers for the Swift Rebirth of His Holiness Penor Rinpoche Prayers for the long life of HH the Dalai Lama Prayers for the long life of Khenchen Pema Sherab Rinpoche Prayers for the long life of Khen Rinpoche Pema Choephel Dedication Prayers * (All retreatans)
8:00 PM – 8:30 PM	Dinner

Saturday, 3 July 2010

7:00 AM – 8:40 AM	Morning Prayers Eight Auspicious Signs The Great Cloud of Prayers and Blessings that Subdue the Entire Animate and Inanimate Worlds Kurukulle Practice Seven-Line Prayer Sang Offering * (All retreatans)
7:40 AM – 8:30 AM	Breakfast
8:30 AM – 9:30 AM	Breathing exercise Chenrezig Sadhana Bodhisattva Vows Ceremony Short Ngondro Sadhana Meditation

	* (All retreatans)
9:30 AM – 10:30 AM	Tea Break
10:30 AM – 12:30 PM	Teachings on the Fourth Outer Preliminary – Suffering in the Cyclic Existence by Khen Rinpoche Pema Choephel * (All retreatans)
12:30 PM - 2:30 PM	Lunch Break
2:30 PM – 3:30 PM	Meditation on Suffering in the Cyclic Existence * (First Class)
3:30 PM – 4:00 PM	Break
4:00 PM – 5:00 PM	Seven Points of Mind Training (Lo Jong) by Khen Rinpoche Pema Choephel Fourth point: Applying the Practice Throughout One's Whole Life * (Second class)
5:00 PM – 5:30 PM	Break
5:30 PM – 6:30 PM	Meditation on the Fourth point of Mind Training: Applying the Practice Throughout One's Whole Life * (Second class)
6:30 PM – 7:00 PM	Break
7:00 PM – 8:00 PM	Debate Apologize Ceremony Prayers for the Swift Rebirth of His Holiness Penor Rinpoche Prayers for the long life of HH the Dalai Lama Prayers for the long life of Khenchen Pema Sherab Rinpoche Prayers for the long life of Khen Rinpoche Pema Choephel Dedication Prayers * (All retreatans)
8:00 PM – 8:30 PM	Dinner

Sunday, 4 July 2010

	Morning Prayers
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7:00 AM – 8:40 AM	Eight Auspicious Signs The Great Cloud of Prayers and Blessings that Subdue the Entire Animate and Inanimate Worlds Kurukulle Practice Seven-Line Prayer Sang Offering * (All retreatans)
7:40 AM – 8:30 AM	Breakfast
8:30 AM – 9:30 AM	Breathing exercise Chenrezig Sadhana Bodhisattva Vows Ceremony Short Ngondro Sadhana Meditation * (All retreatans)
9:30 AM – 10:30 AM	Tea Break
10:30 AM – 12:30 PM	Oral Transmission and Teachings on Refuge by Khen Rinpoche Pema Choephel Circumbulations with Mani Mantra, Prostrations with Vajrasattva Mantra * (All retreatans)
12:30 PM - 2:30 PM	Lunch Break
2:30 PM – 3:30 PM	Meditation on Refuge Practice * (First Class)
3:30 PM – 4:00 PM	Break
4:00 PM – 5:00 PM	Seven Points of Mind Training (Lo Jong) by Khen Rinpoche Pema Choephel Fifth point: The Measure or Signs of Proficiency in Mind Training * (Second class)
5:00 PM – 5:30 PM	Break
5:30 PM – 6:30 PM	Meditation on the Fifth point of Mind Training: The Measure or Signs of Proficiency in Mind Training * (Second class)

6:30 PM – 7:00 PM	Break
7:00 PM – 8:00 PM	Debate Apologize Ceremony Prayers for the Swift Rebirth of His Holiness Penor Rinpoche Prayers for the long life of HH the Dalai Lama Prayers for the long life of Khenchen Pema Sherab Rinpoche Prayers for the long life of Khen Rinpoche Pema Choephel Dedication Prayers * (All retreatans)
8:00 PM – 8:30 PM	Dinner

Monday, 5 July 2010

7:00 AM – 8:40 AM	Morning Prayers Eight Auspicious Signs The Great Cloud of Prayers and Blessings that Subdue the Entire Animate and Inanimate Worlds Kurukulle Practice Seven-Line Prayer Sang Offering * (All retreatans)
7:40 AM – 8:30 AM	Breakfast
8:30 AM – 9:30 AM	Breathing exercise Chenrezig Sadhana Bodhisattva Vows Ceremony Short Ngondro Sadhana Meditation * (All retreatans)
9:30 AM – 10:30 AM	Tea Break
10:30 AM – 12:30 PM	Oral Transmission and Teachings on Bodhicitta by Khen Rinpoche Pema Choephel Circumbulations with Mani Mantra, Prostrations with Vajrasattva Mantra * (All retreatans)
12:30 PM - 2:30 PM	Lunch Break
2:30 PM – 3:30 PM	Bodhicitta Practice (Toglen)

	* (First Class)
3:30 PM – 4:00 PM	Break
4:00 PM – 5:00 PM	Seven Points of Mind Training (Lo Jong) by Khen Rinpoche Pema Choephel Sixth point: The Commitments of Mind Training * (Second class)
5:00 PM – 5:30 PM	Break
5:30 PM – 6:30 PM	Meditation on the Sixth point of Mind Training: The Commitments of Mind Training * (Second class)
6:30 PM – 7:00 PM	Break
7:00 PM – 8:00 PM	Debate Apologize Ceremony Prayers for the Swift Rebirth of His Holiness Penor Rinpoche Prayers for the long life of HH the Dalai Lama Prayers for the long life of Khenchen Pema Sherab Rinpoche Prayers for the long life of Khen Rinpoche Pema Choephel Dedication Prayers * (All retreatans)
8:00 PM – 8:30 PM	Dinner

Tuesday, 6 July 2010

7:00 AM – 8:40 AM	Morning Prayers Eight Auspicious Signs The Great Cloud of Prayers and Blessings that Subdue the Entire Animate and Inanimate Worlds Kurukulle Practice Seven-Line Prayer Sang Offering * (All retreatans)
7:40 AM – 8:30 AM	Breakfast
8:30 AM – 9:30 AM	Celebration of the birth of His Holiness the Dalai Lama and Lamp Offering Breathing exercise

	Chenrezig Sadhana Bodhisattva Vows Ceremony Short Ngondro Sadhana Meditation * (All retreatans)
9:30 AM – 10:30 AM	Tea Break
10:30 AM – 12:30 PM	Oral Transmission and Teachings on Mandala Offering by Khen Rinpoche Pema Choephel Circumbulations with Mani Mantra, Prostrations with Vajrasattva Mantra * (All retreatans)
12:30 PM - 2:30 PM	Lunch Break
2:30 PM – 3:30 PM	Mandala Offering Practice * (First Class)
3:30 PM – 4:00 PM	Break
4:00 PM – 5:00 PM	Seven Points of Mind Training (Lo Jong) by Khen Rinpoche Pema Choephel Seventh point: The Precepts of Mind Training * (Second class)
5:00 PM – 5:30 PM	Break
5:30 PM – 6:30 PM	Meditation on the Seventh point of Mind Training: The Precepts of Mind Training * (Second class)
6:30 PM – 7:00 PM	Break
7:00 PM – 8:00 PM	Debate Apologize Ceremony Prayers for the Swift Rebirth of His Holiness Penor Rinpoche Prayers for the long life of HH the Dalai Lama Prayers for the long life of Khenchen Pema Sherab Rinpoche Prayers for the long life of Khen Rinpoche Pema Choephel Dedication Prayers * (All retreatans)

8:00 PM – 8:30 PM	Dinner
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Wednesday, 7 July 2010

7:00 AM – 8:40 AM	Morning Prayers Eight Auspicious Signs The Great Cloud of Prayers and Blessings that Subdue the Entire Animate and Inanimate Worlds Kurukulle Practice Seven-Line Prayer Sang Offering * (All retreatans)
7:40 AM – 8:30 AM	Breakfast
8:30 AM – 9:30 AM	Breathing exercise Chenrezig Sadhana Bodhisattva Vows Ceremony Short Ngondro Sadhana Meditation * (All retreatans)
9:30 AM – 10:30 AM	Tea Break
10:30 AM – 12:30 PM	Oral Transmission of Kusali Chod Oral Transmission and Teachings on Vajrasattva by Khen Rinpoche Pema Choephel Circumbulations with Mani Mantra, Prostrations with Vajrasattva Mantra * (All retreatans)
12:30 PM - 2:30 PM	Lunch Break
2:30 PM – 3:30 PM	Vajrasattva Practice * (First Class)
3:30 PM – 4:00 PM	Break
4:00 PM – 5:00 PM	How to Follow Your Spiritual Master by Khen Rinpoche Pema Choephel * (Second class)

5:00 PM – 5:30 PM	Break
5:30 PM – 6:30 PM	How to Follow Your Spiritual Master by Khen Rinpoche Pema Choephel * (Second class)
6:30 PM – 7:00 PM	Break
7:00 PM – 8:00 PM	Debate Apologize Ceremony Prayers for the Swift Rebirth of His Holiness Penor Rinpoche Prayers for the long life of HH the Dalai Lama Prayers for the long life of Khenchen Pema Sherab Rinpoche Prayers for the long life of Khen Rinpoche Pema Choephel Dedication Prayers * (All retreatans)
8:00 PM – 8:30 PM	Dinner

Thursday, 8 July 2010

7:00 AM – 8:40 AM	Morning Prayers Eight Auspicious Signs The Great Cloud of Prayers and Blessings that Subdue the Entire Animate and Inanimate Worlds Kurukulle Practice Seven-Line Prayer Sang Offering * (All retreatans)
7:40 AM – 8:30 AM	Breakfast
8:30 AM – 9:30 AM	Breathing exercise Chenrezig Sadhana Bodhisattva Vows Ceremony Short Ngondro Sadhana Meditation * (All retreatans)
9:30 AM – 10:30 AM	Tea Break

10:30 AM – 12:30 PM	Oral Transmission and Teachings on Guru Yoga by Khen Rinpoche Pema Choephel Circumbulations with Mani Mantra, Prostrations with Vajrasattva Mantra * (All retreatans)
12:30 PM - 2:30 PM	Lunch Break
2:30 PM – 3:30 PM	Guru Yoga Practice * (First Class)
3:30 PM – 4:00 PM	Break
4:00 PM – 5:00 PM	Oral Transmission of Phowa by Khen Rinpoche Pema Choephel * (Second class)
5:00 PM – 5:30 PM	Break
5:30 PM – 6:30 PM	Phowa Practice with Khen Rinpoche Pema Choephel * (Second class)
6:30 PM – 7:00 PM	Break
7:00 PM – 8:00 PM	Debate Apologize Ceremony Prayers for the Swift Rebirth of His Holiness Penor Rinpoche Prayers for the long life of HH the Dalai Lama Prayers for the long life of Khenchen Pema Sherab Rinpoche Prayers for the long life of Khen Rinpoche Pema Choephel Dedication Prayers * (All retreatans)
8:00 PM – 8:30 PM	Dinner

Friday, 9 July 2010

7:00 AM – 8:40 AM	Morning Prayers Eight Auspicious Signs The Great Cloud of Prayers and Blessings that Subdue the Entire Animate and Inanimate Worlds Kurukulle Practice
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	Seven-Line Prayer Sang Offering * (All retreatans)
7:40 AM – 8:30 AM	Breakfast
8:30 AM – 9:30 AM	Breathing exercise Chenrezig Sadhana Bodhisattva Vows Ceremony Short Ngondro Sadhana Meditation * (All retreatans)
9:30 AM – 10:30 AM	Tea Break
10:30 AM – 12:30 PM	Prayers for People who Passed Away Oral Transmission of Shitro Mantra Prayer to Reborn in Deawachen Tsog Puja (Feast Offering) Photo of Khen Rinpoche with the retreatans * (All retreatans)
12:30 PM - 2:30 PM	Lunch Break
2:30 PM – 4:00 PM	Official Meeting of the German Palyul Center Union
4:00 PM – 4:30 PM	Break
4:30 PM – 6:30 PM	Audience with Khen Rinpoche Pema Choephel